



# BUILD-A-BOWL



FORK  
FRIENDLY

## 1. Pick Your Veggies

### Leafy Vegetables



#### Product

Hearts of Romaine  
Italian Blend  
Very Veggie  
Spinach

#### Serving

1/2 pkg  
1/2 pkg  
1/3 pkg  
1/2 pkg

### Non-Starchy Vegetables



Just Veggies  
Cherry Tomatoes  
Baby Cut Carrots (6 g carbs)  
Newman's Own Chunky Salsa

1/4 pkg  
8 tomatoes  
9 carrots  
4 Tbsp

25 calories - 0g carbs

## 2. Add Protein

### Cheese



#### Product

Breakstone Low Fat Cottage Cheese  
President's Fat Free Feta Cheese  
Baby Bell Mini Light  
HEB 2% Mozzarella Shredded  
Sargentino Light String Cheese

#### Serving

1 serving  
1/3 container  
2 Circles  
1/3 c.  
2 tubes

### Poultry



Tyson Grill & Ready Chicken  
Great Value Premium White Chicken Salad Pouch  
Oscar Mayer Slow Roasted Turkey  
Starkist Chicken Creations Chicken Salad  
Walmart Rotisserie Chicken Salad

3 oz  
1 pouch  
1/2 pkg  
1 pouch  
1/4 cup

### Fish



Bumble Bee Solid White Albacore  
Starkist Honey BBQ Tuna Pouch  
Chicken of Sea Skinless & Boneless Pink Salmon

1 can  
1.pouch  
1 pouch

### Shakes



Muscle Milk: Zero Protein Shake  
Ensure: Light Nutrition Shake  
Vital Proteins Collagen Water  
Protein N2O Water

1 bottle  
1 bottle  
1 bottle  
1 bottle

100 calories - 0g carbs

### 3. Flavor with Healthy Fat



#### Avocado/Nuts



#### Product

Avocado  
Almonds  
Peanuts  
Walnuts  
100 Calorie Pack Nuts  
Wholly Guacamole

#### Serving

1/4 fresh avocado  
7 whole  
5 shelled nuts  
4 halves  
1/2 pack  
1/2 pouch

#### Dressing/Oils



Colavita Olive Oil  
Tessemae's

- Lemon Pepper Dressing
- Classic Italian

Ken's Steak House Lite Dressing

- Sweet Vidalia Onion (5 g carb)
- Raspberry Walnut Vinaigrette (4 g carb)

Kraft Avocado Oil Mayo

1/2 Tbsp

1 Tbsp

1 Tbsp

1 Tbsp

1 Tbsp

1 Tbsp

**50 calories - 0g carbs**

### 4. Salad Toppers



#### Product

NY Texas Toast Croutons Garlic/Butter  
Pita Pal Roasted Red Pepper Hummus  
Spectrum Chia Seeds  
Second Nature California Medley  
The Good Bean ChickPeas Sea Salt

#### Serving

4 Tbsp  
2 Tbsp  
1 heaping Tbsp  
3 Tbsp  
2 Tbsp

**75 calories - 10g carbs**

### 5. Starchy Veggies/Legumes



#### Product

Campbell's Chunky Healthy Request  
Chicken Noodle  
Del Monte Peas No Salt Added  
Del Monte Whole Kernel Corn No Salt Added  
Goya Black Beans Reduced Sodium  
Goya Chick Peas Reduced Sodium

#### Serving

1/2 c.  
1/2 c.  
1/2 c.  
1/2 c.  
1/3 c.  
1/3 c.

**75 calories - 15g carbs**

## 6. Fruit/Yogurt

### Fresh



### Product

Banana  
Berries  
Whole Fruit

### Serving

1/2  
1 cup  
1 small

### Packaged



Brother's Banana 1 bag  
Crisps Freeze Dried Strawberries 2 packs  
Del Monte Diced Peaches No Sugar Added 2 cont.  
Del Monte Mandrine Oranges No Sugar Added 1 cont.  
Mott's Applesauce (20 g carb) 2 pouches  
Pom Poms Pomegranate 1/4 container

### Yogurt



Dannon Light & Fit Greek Yogurt (8 carb) 1 carton  
Oikos Triple Zero (120 calories) 1 carton  
Chobani Original Plain (120 calories) 1 carton

**75 calories - 15g carbs**

## 7. Whole Grains

### Crackers



### Product

Blue Diamond Nut Thins Mutli Seed  
Nabisco Triscuit  
Nabisco Reduced Fat Wheat Thins

### Serving

10 crackers  
5 crackers  
12 crackers.

### Snack Chips



Skinny Pop Popcorn  
Sun Chips Original  
Late July Tortilla Chip (Kroger only)

1 single pkt  
11 chips  
10 chips

### Other



Bear Naked Fit Granola - Vanilla Almond 3 Tbsp  
Uncle Ben's Ready Rice Brown (20 g carb) 1/2 c. cooked  
Quaker Lightly Salted Rice Cake 2.5 cakes  
Dave's Killer Thin Sliced 21 Grain 1 slice  
Ole Xtreme Wellness! High Fiber Keto Wraps 1 wrap

**100 calories - 15g carbs**



All product selections meet Fork Friendly nutrient criteria